

PHASE 2

MAXIMUM EFFORT (LOW VOLUME, HIGH INTENSITY)

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Bench Press	3-4	1	3-5		8-9	~3-5 min	DB Bench Press	Machine Chest Press	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	High-Incline Smith Machine Press	2	2	4-6		10	~3-4 min	Incline DB Press	Incline Machine Press	Set the bench at a 45-60° incline, touch the bar to your upper chest with control.
	Egyptian Cable Lateral Raise	2	3	6-8		10	~2-3 min	DB Lateral Raise	Machine Lateral Raise	Lean away from the cable. Focus on squeezing your delts.
	Overhead Cable Triceps Extension	2	2	4-6		10	~2-3 min	DB Floor Skull Crusher	DB French Press	Do both arms at once, resist the negative.
	Cable Triceps Kickback	1	2	6-8		10	~2-3 min	DB Triceps Kickback	Triceps Pressdown	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Neutral-Grip Lat Pulldown</u>	3	3	4-6		10	~3-4 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Pull your elbows down against your sides.
	<u>Pendlay Row</u>	3	2	4-6		10	~3-4 min	<u>Meadows Row</u>	<u>Single-Arm Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Reverse Pec Deck</u>	2	2	6-8		10	~2-3 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl</u>	2	2	4-6		10	~2-3 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>Hammer Cheat Curl</u>	1	1	4-6		10	0 min	<u>Inverse Zottman Curl</u>	<u>DB Curl</u>	You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat or Machine Squat</u>	3-4	1	3-5		8-9	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	3	2	4-6		10	~3-4 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Extension</u>	2	2	6-8		10	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Seated Calf Raise</u>	2	2	4-6		10	~2-3 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Cable Crunch</u>	2	2	6-8		10	~2-3 min	<u>Plate-Weighted Crunch</u>	<u>Machine Crunch</u>	Round your back as you crunch.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #2	<u>Seated DB Shoulder Press</u>	3	2	6-8		10	~3-4 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>Weighted Dip</u>	3	2	4-6		10	~3-4 min	<u>Machine Chest Press</u>	<u>DB Bench Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Machine Lateral Raise</u>	2	2	6-8		10	~2-3 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight.
	<u>Triceps Pressdown</u>	2	2	4-6		10	~2-3 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #2	<u>Wide-Grip Pull-Up</u>	3	2	4-6		10	~3-4 min	<u>Wide-Grip Lat Pulldown</u>	<u>Machine Pulldown</u>	Use ~1.5x shoulder width grip. Add weight or use assistance as needed to hit RPE. Keep form as consistent as possible.
	<u>Close-Grip Seated Cable Row</u>	3	2	4-6		10	~3-4 min	<u>T-Bar Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Machine Shrug</u>	2	2	4-6		10	~2-3 min	<u>Cable Shrug-In</u>	<u>DB Shrug</u>	Shrug up and in. Pull your shoulders up to your ears.
	<u>Alternating DB Curl</u>	2	2	4-6		10	~2-3 min	<u>EZ Bar Curl</u>	<u>Cable Curl</u>	Alternate arms with each curl: do 1 rep with your right arm, one rep with your left arm. Repeat until you reach 4-6 reps with each arm.
	<u>1-Arm DB Preacher Curl</u>	1	1	6-8		10	0 min	<u>Spider Curl</u>	<u>Bayesian Cable Curl</u>	Here, do all 6-8 reps with one arm at a time (do not alternate).

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #2	<u>Hack Squat</u>	3-4	2	4-6		9-10	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Allow your knees to come forward (past your toes), focus the tension on your quads.
	<u>Dumbbell Walking Lunge</u>	3	2	4-6		10	~3-4 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Do 4-6 reps with each leg (8-12 total strides). Straps may be helpful if your grip becomes limiting.
	<u>Seated Leg Curl</u>	2	2	4-6		10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Standing Calf Raise</u>	2	2	6-8		10	~2-3 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	2	2	6-8		10	~2-3 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.
MANDATORY REST DAY										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	3-5		8-9	~3-5 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>High-Incline Smith Machine Press</u>	2	2	4-6		10	~3-4 min	<u>Incline DB Press</u>	<u>Incline Machine Press</u>	Set the bench at a 45-60° incline, touch the bar to your upper chest with control.
	<u>Egyptian Cable Lateral Raise</u>	2	2	6-8		10	~2-3 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Lean away from the cable. Focus on squeezing your delts.
	<u>Overhead Cable Triceps Extension</u>	2	2	4-6		10	~2-3 min	<u>DB Floor Skull Crusher</u>	<u>DB French Press</u>	Do both arms at once, resist the negative.
	<u>Cable Triceps Kickback</u>	1	2	6-8		10	~2-3 min	<u>DB Triceps Kickback</u>	<u>Triceps Pressdown</u>	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Neutral-Grip Lat Pulldown</u>	3	3	4-6		10	~3-4 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Pull your elbows down against your sides.
	<u>Pendlay Row</u>	3	2	4-6		10	~3-4 min	<u>Meadows Row</u>	<u>Single-Arm Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Reverse Pec Deck</u>	2	2	6-8		10	~2-3 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl</u>	2	2	4-6		10	~2-3 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>Hammer Cheat Curl</u>	1	1	4-6		10	0 min	<u>Inverse Zottman Curl</u>	<u>DB Curl</u>	You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat or Machine Squat</u>	3-4	1	3-5		8-9	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	3	2	4-6		10	~3-4 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Extension</u>	2	2	6-8		10	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Seated Calf Raise</u>	2	2	4-6		10	~2-3 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Cable Crunch</u>	2	2	6-8		10	~2-3 min	<u>Plate-Weighted Crunch</u>	<u>Machine Crunch</u>	Round your back as you crunch.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #2	<u>Seated DB Shoulder Press</u>	3	2	6-8		10	~3-4 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>Weighted Dip</u>	3	2	4-6		10	~3-4 min	<u>Machine Chest Press</u>	<u>DB Bench Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Machine Lateral Raise</u>	2	2	6-8		10	~2-3 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight.
	<u>Triceps Pressdown</u>	2	2	4-6		10	~2-3 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #2	<u>Wide-Grip Pull-Up</u>	3	2	4-6		10	~3-4 min	<u>Wide-Grip Lat Pulldown</u>	<u>Machine Pulldown</u>	Use ~1.5x shoulder width grip. Add weight or use assistance as needed to hit RPE. Keep form as consistent as possible.
	<u>Close-Grip Seated Cable Row</u>	3	2	4-6		10	~3-4 min	<u>T-Bar Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Machine Shrug</u>	2	2	4-6		10	~2-3 min	<u>Cable Shrug-In</u>	<u>DB Shrug</u>	Shrug up and in. Pull your shoulders up to your ears.
	<u>Alternating DB Curl</u>	2	2	4-6		10	~2-3 min	<u>EZ Bar Curl</u>	<u>Cable Curl</u>	Alternate arms with each curl: do 1 rep with your right arm, one rep with your left arm. Repeat until you reach 4-6 reps with each arm.
	<u>1-Arm DB Preacher Curl</u>	1	1	6-8		10	0 min	<u>Spider Curl</u>	<u>Bayesian Cable Curl</u>	Here, do all 6-8 reps with one arm at a time (do not alternate).

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #2	<u>Deadlift</u>	3-4	2	4-6		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Can pull sumo or conventional, go with whatever variation you are stronger with
	<u>Dumbbell Walking Lunge</u>	3	2	4-6		10	~3-4 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Do 4-6 reps with each leg (8-12 total strides). Straps may be helpful if your grip becomes limiting.
	<u>Seated Leg Curl</u>	2	2	4-6		10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Standing Calf Raise</u>	2	2	6-8		10	~2-3 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	2	2	6-8		10	~2-3 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.
MANDATORY REST DAY										

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Bench Press	3-4	1	3-5		8-9	~3-5 min	DB Bench Press	Machine Chest Press	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	High-Incline Smith Machine Press	2	2	4-6		10	~3-4 min	Incline DB Press	Incline Machine Press	Set the bench at a 45-60° incline, touch the bar to your upper chest with control.
	Egyptian Cable Lateral Raise	2	2	6-8		10	~2-3 min	DB Lateral Raise	Machine Lateral Raise	Lean away from the cable. Focus on squeezing your delts.
	Overhead Cable Triceps Extension	2	2	4-6		10	~2-3 min	DB Floor Skull Crusher	DB French Press	Do both arms at once, resist the negative.
	Cable Triceps Kickback	1	2	6-8		10	~2-3 min	DB Triceps Kickback	Triceps Pressdown	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Neutral-Grip Lat Pulldown</u>	3	3	4-6		10	~3-4 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Pull your elbows down against your sides.
	<u>Pendlay Row</u>	3	2	4-6		10	~3-4 min	<u>Meadows Row</u>	<u>Single-Arm Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Reverse Pec Deck</u>	2	2	6-8		10	~2-3 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl</u>	2	2	4-6		10	~2-3 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>Hammer Cheat Curl</u>	1	1	4-6		10	0 min	<u>Inverse Zottman Curl</u>	<u>DB Curl</u>	You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat or Machine Squat</u>	3-4	1	3-5		8-9	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	3	2	4-6		10	~3-4 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Extension</u>	2	2	6-8		10	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Seated Calf Raise</u>	2	2	4-6		10	~2-3 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Cable Crunch</u>	2	2	6-8		10	~2-3 min	<u>Plate-Weighted Crunch</u>	<u>Machine Crunch</u>	Round your back as you crunch.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #2	<u>Seated DB Shoulder Press</u>	3	2	6-8		10	~3-4 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>Weighted Dip</u>	3	2	4-6		10	~3-4 min	<u>Machine Chest Press</u>	<u>DB Bench Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Machine Lateral Raise</u>	2	2	6-8		10	~2-3 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight.
	<u>Triceps Pressdown</u>	2	2	4-6		10	~2-3 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #2	<u>Wide-Grip Pull-Up</u>	3	2	4-6		10	~3-4 min	<u>Wide-Grip Lat Pulldown</u>	<u>Machine Pulldown</u>	Use ~1.5x shoulder width grip. Add weight or use assistance as needed to hit RPE. Keep form as consistent as possible.
	<u>Close-Grip Seated Cable Row</u>	3	2	4-6		10	~3-4 min	<u>T-Bar Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Machine Shrug</u>	2	2	4-6		10	~2-3 min	<u>Cable Shrug-In</u>	<u>DB Shrug</u>	Shrug up and in. Pull your shoulders up to your ears.
	<u>Alternating DB Curl</u>	2	2	4-6		10	~2-3 min	<u>EZ Bar Curl</u>	<u>Cable Curl</u>	Alternate arms with each curl: do 1 rep with your right arm, one rep with your left arm. Repeat until you reach 4-6 reps with each arm.
	<u>1-Arm DB Preacher Curl</u>	1	1	6-8		10	0 min	<u>Spider Curl</u>	<u>Bayesian Cable Curl</u>	Here, do all 6-8 reps with one arm at a time (do not alternate).

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #2	Hack Squat	3-4	2	4-6		9-10	~3-5 min	Machine Squat	Bulgarian Split Squat	Allow your knees to come forward (past your toes), focus the tension on your quads.
	Dumbbell Walking Lunge	3	2	4-6		10	~3-4 min	DB Step-Up	Goblet Squat	Do 4-6 reps with each leg (8-12 total strides). Straps may be helpful if your grip becomes limiting.
	Seated Leg Curl	2	2	4-6		10	~2-3 min	Lying Leg Curl	Nordic Ham Curl	Focus on squeezing your hamstrings to move the weight.
	Standing Calf Raise	2	2	6-8		10	~2-3 min	Seated Calf Raise	Leg Press Toe Press	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	Decline Plate-Weighted Crunch	2	2	6-8		10	~2-3 min	Cable Crunch	Machine Crunch	Hold a plate or DB to your chest and crunch hard.
MANDATORY REST DAY										

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	3-5		8-9	~3-5 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>High-Incline Smith Machine Press</u>	2	2	4-6		10	~3-4 min	<u>Incline DB Press</u>	<u>Incline Machine Press</u>	Set the bench at a 45-60° incline, touch the bar to your upper chest with control.
	<u>Egyptian Cable Lateral Raise</u>	2	2	6-8		10	~2-3 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Lean away from the cable. Focus on squeezing your delts.
	<u>Overhead Cable Triceps Extension</u>	2	2	4-6		10	~2-3 min	<u>DB Floor Skull Crusher</u>	<u>DB French Press</u>	Do both arms at once, resist the negative.
	<u>Cable Triceps Kickback</u>	1	2	6-8		10	~2-3 min	<u>DB Triceps Kickback</u>	<u>Triceps Pressdown</u>	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Neutral-Grip Lat Pulldown</u>	3	3	4-6		10	~3-4 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Pull your elbows down against your sides.
	<u>Pendlay Row</u>	3	2	4-6		10	~3-4 min	<u>Meadows Row</u>	<u>Single-Arm Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Reverse Pec Deck</u>	2	2	6-8		10	~2-3 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl</u>	2	2	4-6		10	~2-3 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>Hammer Cheat Curl</u>	1	1	4-6		10	0 min	<u>Inverse Zottman Curl</u>	<u>DB Curl</u>	You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat or Machine Squat</u>	3-4	1	3-5		8-9	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	3	2	4-6		10	~3-4 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Extension</u>	2	2	6-8		10	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Seated Calf Raise</u>	2	2	4-6		10	~2-3 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Cable Crunch</u>	2	2	6-8		10	~2-3 min	<u>Plate-Weighted Crunch</u>	<u>Machine Crunch</u>	Round your back as you crunch.

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #2	<u>Seated DB Shoulder Press</u>	3	2	6-8		10	~3-4 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>Weighted Dip</u>	3	2	4-6		10	~3-4 min	<u>Machine Chest Press</u>	<u>DB Bench Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Machine Lateral Raise</u>	2	2	6-8		10	~2-3 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight.
	<u>Triceps Pressdown</u>	2	2	4-6		10	~2-3 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight.

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #2	<u>Wide-Grip Pull-Up</u>	3	2	4-6		10	~3-4 min	<u>Wide-Grip Lat Pulldown</u>	<u>Machine Pulldown</u>	Use ~1.5x shoulder width grip. Add weight or use assistance as needed to hit RPE. Keep form as consistent as possible.
	<u>Close-Grip Seated Cable Row</u>	3	2	4-6		10	~3-4 min	<u>T-Bar Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Machine Shrug</u>	2	2	4-6		10	~2-3 min	<u>Cable Shrug-In</u>	<u>DB Shrug</u>	Shrug up and in. Pull your shoulders up to your ears.
	<u>Alternating DB Curl</u>	2	2	4-6		10	~2-3 min	<u>EZ Bar Curl</u>	<u>Cable Curl</u>	Alternate arms with each curl: do 1 rep with your right arm, one rep with your left arm. Repeat until you reach 4-6 reps with each arm.
	<u>1-Arm DB Preacher Curl</u>	1	1	6-8		10	0 min	<u>Spider Curl</u>	<u>Bayesian Cable Curl</u>	Here, do all 6-8 reps with one arm at a time (do not alternate).

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #2	<u>Deadlift</u>	3-4	2	4-6		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Can pull sumo or conventional, go with whatever variation you are stronger with
	<u>Dumbbell Walking Lunge</u>	3	2	4-6		10	~3-4 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Do 4-6 reps with each leg (8-12 total strides). Straps may be helpful if your grip becomes limiting.
	<u>Seated Leg Curl</u>	2	2	4-6		10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Standing Calf Raise</u>	2	2	6-8		10	~2-3 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	2	2	6-8		10	~2-3 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.
MANDATORY REST DAY										